

**2008 Ironman Advanced Weekly Training Plan**  
**Week 8 of 19**

	<b>Exercise</b>	<b>Element</b>	<b>Duration</b>	<b>Workout Specifics</b>
<b>MON</b>	<b>Swim</b>	E(1)	1:00	straight swim :55.
21-Jan				Warm up and stretch, then swim nonstop in Zone 1-2 (easy).
<b>TUES</b>	<b>Bike</b>	E(2)	1:10	Easy spin, loosen legs.
22-Jan				
	<b>Run</b>	ME(3)	1:30	Speed workout. Pace should be :30-1:00/mile faster than proposed IM pace. Finish with 4 mile run @ marathon pace.
<b>WEDS</b>	<b>Swim</b>	ME(3)	1:10	500 WU w/ drills; 5x500 Z2 RI 1:00 descending splits, 5x100 RI :15 descending. 6x50 kick, 200 pull CD.
23-Jan				steady zone 2
	<b>Bike</b>	E(2)	1:30	
	<b>Strength</b>			STRENGTH: :20-:30 circuit
<b>THURS</b>	<b>Run</b>	E(2)	1:00	Hills if able. Include 4-5x 90 sec accels to increase HR by 15bpm.
24-Jan				
	<b>Bike</b>	ME(3)	1:30	Trainer workout. Focus on technique, spin, efficiency.
	<b>Stretch</b>			Cut short to 1:00 if doing the marathon.
<b>FRI</b>	<b>Swim</b>	ME(2)	1:00	500 WU drills; 400, rest :30, 4x100 RI :15; 300, 3x100, 200, 2x100, 100; 100 kick, 6x50 fast RI :30. 200 pull CD. Extra Credit: 400, 300, etc IM.
25-Jan				Recovery Run, easy Z1..
	<b>Run</b>	E(1)	1:40	
	<b>Strength</b>			STRENGTH: :20-:30 circuit
<b>SAT</b>	<b>Bike</b>	E(2)	3:00	Steady ride, Z2. Moderate hills.
26-Jan				
	<b>Run</b>	E(1)	0:30	Easy transition run, Z1.
	<b>Stretch</b>			
<b>SUN</b>	<b>Run</b>	E(3)	2:30	Easy run, Z2. Flat, trails if able.
27-Jan				Heart Rate steady all run. Let HR rise no more than 10 beats beginning to end.
	<b>Stretch</b>			
<b>Weekly Total</b>			<b>17:30</b>	